



APG NEWS

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www.teamapg.com

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Survey to help gauge APG community's health

By **DEBORAH INCE**
APG News

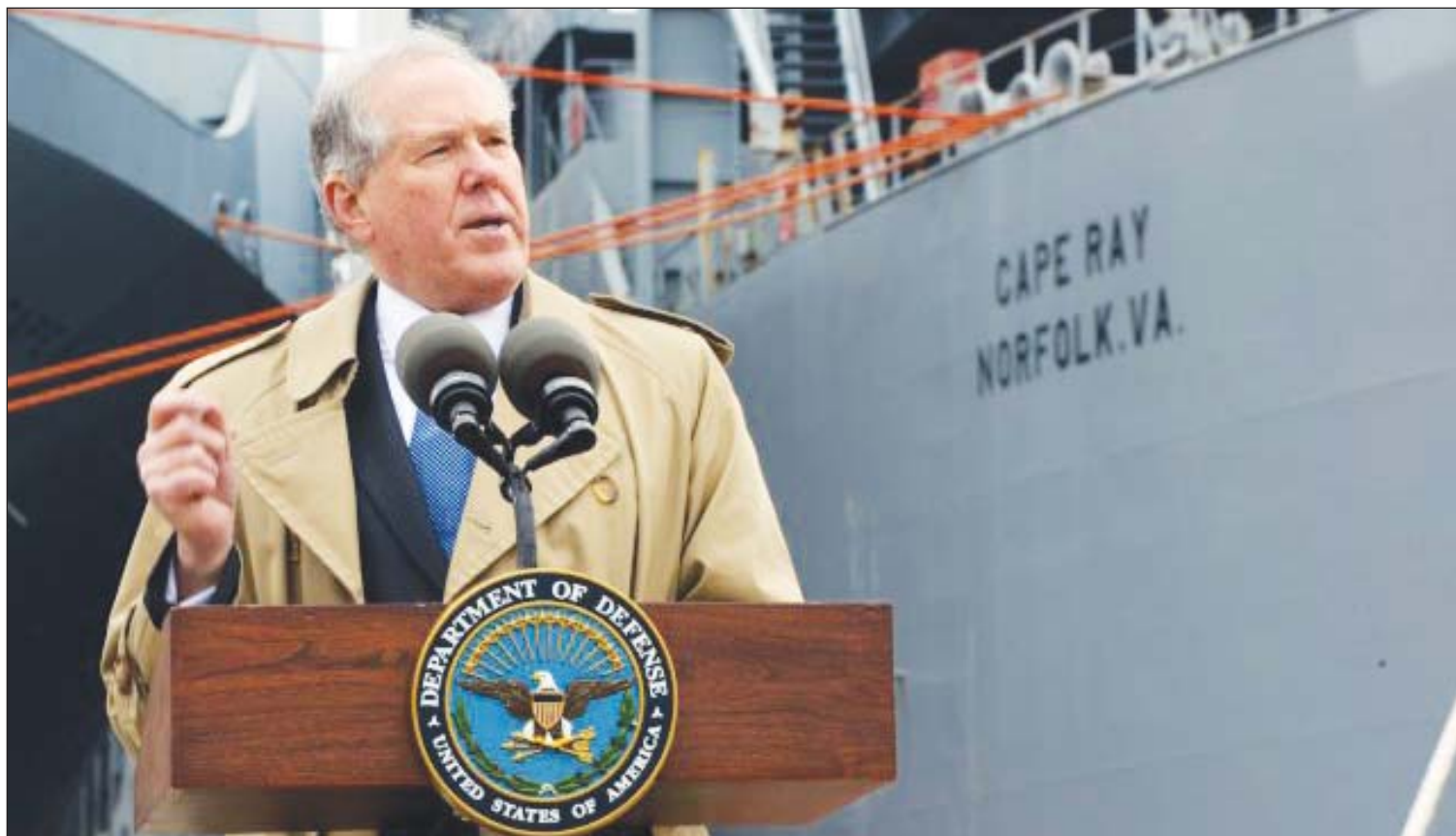
The Community Health Promotion Council (CHPC) is hosting its second health survey for the APG community, aiming to use the results toward strategic planning for the 2014 calendar year. CHPC completed its last survey in 2011.

Our overall goal is to better serve the APG community

Wendy LaRoche
APG Health Promotion Officer

“Our overall goal is to better serve the APG community through continuing to offer programs and services that meet the population's needs. All efforts are to build trust, readiness and resiliency within the Team APG Community,” said APG Health Promotion Officer Wendy LaRoche. “The survey results are beneficial to ensuring that the community is engaged in the planning process. Without their feedback, we are merely guessing based on a larger population. APG is unique and therefore requires programs and services tailored toward its uniqueness.”

See CHPC, page 10



Frank Kendall, Under Secretary of Defense for Acquisition, Technology and Logistics, spoke outside the MV Cape Ray, in Portsmouth, Va., Jan 2, to discuss the ship's upcoming mission to destroy chemical weapons.

ECBC team to destroy Syrian chemical weapons

Story and photo by **C. TODD LOPEZ**
Army News Service

Some 64 specialists from Aberdeen Proving Ground's Edgewood Chemical Biological Center recently departed for the Mediterranean onboard the ship MV Cape Ray to destroy chemical weapons from Syria.

The nearly 650-foot-long ship was set to travel to a yet-to-be specified location in the Mediterranean and will take on about 700 metric tons of both mustard gas and “DF compound,” a component of the nerve agent

sarin gas, and will then use two new, and recently installed “field deployable hydrolysis systems” to neutralize the chemicals.

Onboard the Cape Ray will be 35 mariners, about 64 chemical specialists from Edgewood, a security team, and a contingent from U.S. European Command. It's expected the operational portion of the mission will take about 90 days.

In December 2012, a request was made to determine what could be done if the U.S. was asked to participate in destruc-

tion of chemical weapons from Syria.

By the end of January 2013, a team with the Joint Project Manager for Elimination and the Army's Edgewood Chemical Biological Center had evaluated existing technology and configurations for neutralization of chemical weapons and made the recommendation to use the hydrolysis process. Construction of a deployable system began in February, and the first prototype

See ECBC, page 10

2013 Combined Federal Campaign

What is CFC:

Combined Federal Campaign (CFC) promotes philanthropy through an employee-focused program that gives federal employees the opportunity to improve the quality of life for others.

2013 Theme:

Together We Serve,
Together We Give

APG CFC Goal:

The goal for this year is \$650,000. To date, APG CFC has raised approximately \$445,000, which is 68 percent of its goal.

Campaign Duration:

Sept. 1, 2013-Jan. 15, 2014

How to donate:

Anyone can donate. Federal employees can donate through the the Chesapeake Bay Area Combined Federal Campaign (CBACFC) Nexus, through myPay, or by filling out a paper donation form. Non-federal employees must make a paper pledge donation. Both cash and checks are accepted.

CFC Events:

APG CFC will hold a Pot Luck Luncheon will be held today, Jan. 16, from 11:30 a.m.-1 p.m. in Bldg. 4503 for key workers and coordinators of this year's campaign only.

Food for thought

Wellness Center promotes healthy habits.

Story and photo by **RACHEL PONDER**
APG News

Since the Army Wellness Center opened last January, more than 2,500 clients from the APG community have visited the facility to learn how to build and sustain a healthy lifestyle and prevent chronic diseases.

The center, located on the third floor of the Kirk U.S. Army Health Clinic, offers free, standardized health services to Soldiers, retirees, their Family members, Army civilians and contractors, on a space available basis.

Programs offered at the center include health and physical fitness assessments,

metabolic testing, nutrition counseling, weight loss management, stress reduction techniques and tobacco education.

From private sources, these testing services would cost about \$3,000. Programs are individualized to meet patients' needs, motivational and confidence levels. The AWC takes a holistic approach, taking into account all of an individual's phys-

See WELLNESS, page 11

Bernie Gaviola, from the Edgewood Chemical Biological Center, takes the VO2 Submax Test at the Army Wellness Center. The VO2 Submax Test is used to determine an individual's fitness level.



Garrison kicks off new Slim Down Challenge

Story and photo by **RACHEL PONDER**
APG News

Want to get healthy and lose weight in 2014? Join the Garrison Slim Down Challenge. Anyone with a Common Access

Melissa Nahm from the Program Executive Office for Command, Control and Communications-Tactical, gets weighed by 1st Sgt. Paula Adams, from Headquarters and Headquarters Company Garrison during the Garrison Slim Down Challenge kick-off meeting Jan. 8.

Card is encouraged to register for this challenge by today, Jan. 16, although organizers are still encouraging participation after the deadline.

So far, 45 members of the APG community have signed up to participate on the Garrison Team. The team will compete with other organizations on post that are hosting similar slim down challenges. The organization with the largest weight loss

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ONLINE

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ICE system
http://ice.disa.mil/

Facebook, http://on.fb.me/HzQl9w

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WEATHER

Thursday

Partly cloudy
chance of rain 10%



42° | 32°

STREET TALK

What was your New Year's resolution and are you keeping it so far?

I have a terrible habit of eating too much chocolate. My resolution is to eat healthier by eating more fruits and vegetables. So far, I am keeping my resolution by just saying no to unhealthy food.



Kirsten Hall
Family member

My resolution is to exercise more and eat healthier. For me, dieting is the hard part. Potatoes are my weakness. My advice is to find a partner who will help you keep your resolutions. My wife is helping me.



William Vick
Retired Army

My resolution is to start taking all of my medications properly. I just went to my endocrinologist. She's tough, and my wife won't let me forget [to take my medications]. We're starting off brand new.



Stephen Holmes
Retired Army

My resolution is to become more active. I have been keeping my resolution by going to the post gym at 6 a.m. every day before work.



Charles Leftridge
Commissary employee

I want to adopt a healthier lifestyle. I want to improve my eating habits, exercise more, get more sleep, and become more involved in my community. I feel like I am more focused this year and I will achieve these goals.



Francis Alvarez-Cruz
Retired Army

Join the Slim Down Challenge

By PAT BEAUCHAMP
Editor, APG News



OK, folks. I'm obese. This is not a secret. What IS a secret – and will remain one – is the number shown on my scale. However, I will be participating in the Garrison Slim Down Challenge that began last week and plan to do a bi-weekly update in this paper. I've been to the Army Wellness Center at Kirk U.S. Army Health Clinic for an evaluation and learned, among other things, my resting metabolic rate, body mass index and recommended daily caloric intake.

I've also been given guidelines to follow for exercise. I've been overweight most of my adult life. My lowest adult weight was 148 when I was 25 years old and 5'6". That was more than a few years ago. And I'm no longer quite that tall. I also know that 148 is no longer a realistic weight for me. Life happens. Losing friends and relatives, a divorce and job changes all took their toll. At one point, I weighed more than 330 pounds. I had gastric bypass surgery and lost nearly 100 pounds. I didn't follow the program prescribed by the surgeon and gained a lot of that weight back. I've tried nearly every diet and program imaginable to include low carb, low fat, low calorie, high protein, injections of something too disgusting to mention, and the list goes on and on and on.... There have been good things in my life, too. I was lucky enough to have a job that took me to many of the continental United States as well as Canada, Singapore and Germany. I've been on six cruises in the last six years, four of them have been with the world famous weight-loss 'guru', Richard Simmons.

With his help and lots of support from friends and family, I've lost some of that weight again. But – I am still at an unhealthy weight – and I feel it. I have arthritic knees, a couple of compressed disks in my lower back and I am diabetic, all of which are compounded by the extra pounds I carry. I'm contemplating retirement and I want to live a long time and enjoy the things I want to do like more cruises, traveling to places I've never been, going back to places I have enjoyed on past trips, and just plain relaxing. But I won't be able to do any of these things if I'm immobile. I don't want to rely on an electric scooter or be bedridden because of my weight. I'm determined that I will get to a healthy weight. Realistically, I should be able to get down to somewhere around 170. At that weight I should look better, feel better and be healthier. But I know I can't do it alone. I've not done well so far since my visit to the Wellness Center (I allowed the holidays to get in the way), but I'm beginning – again – with the New Year and the new challenge. I also know that I didn't get overweight overnight; I won't get normal overnight, either. I'm planning to lose two pounds every week; watch these pages every two weeks for the next couple of months to see my progress. It's not too late for you, too, to be involved in this challenge. The next meeting will be on Wednesday, Jan. 22, at noon in the main conference room of Bldg. 305. You can weigh in at the Garrison Headquarters and Headquarters Company office in the same building between 9 a.m. and 4 p.m. There will be lunch and learn sessions as well as exercise opportunities for you to join as well. Check out their milSuite page at <https://www.milsuite.mil/book/groups/2014-apg-installation-slim-down-challenge> If you need more information, contact Capt. Richard Mozeleski at 410-278-3000 or via e-mail at richard.d.mozeleski2@mail.mil We're all in this together so – good luck.

Deborah Ince joins APG News staff

Staff Report

Deborah Ince is the most recent addition to the APG News staff as a reporter/photojournalist with Baltimore Sun Media Group. Ince graduated in three years from the University of Tennessee in Knoxville with a bachelor of science degree in communications, with a focus in journalism and electronic media, as well as a minor in political science, international relations. "This is my first job since graduating from college," Ince said. "I love reporting and journalism, and this is a great opportunity to continue learning and being part of a top-notch team of journalists." Before coming to APG News, Ince was one of only 80 undergraduate students in the nation to receive a 2013 Scripps Howard Foundation scholarship and internship. She completed an internship with the Knoxville News Sentinel, where she covered the police and news beats. In July 2013, Ince wrote a human interest article that was reprinted by Associated Press. She also interviewed Margaret Scobey, the former U.S. ambassador to Egypt, about the July 2013 ousting of former Egyptian President Mohammed Morsi. Ince wrote for the University of Tennessee student publications The Daily Beacon and The Tennessee Journalist; worked in UT's media relations department; wrote for The Daily Times in Marville, Tn.; and interned with trade magazine publisher Cahaba Media Group in Birmingham, Ala., where she copyedited and worked with graphic design and social media management. In college, Ince was a member of UT's Speech and Debate Society, competing in both National Parliamentary Debate Association and International Public Debate Association-style debating, including at IPDA Debate Nationals in Huntsville, Texas, with her team. Ince was also co-director of UT's Student Government Association Diversity Affairs committee and a member of the Society of Professional Journalists. After transferring from Samford University in Birmingham during her sophomore year (where she was a member of the school's NCAA Division 1 women's soccer team), Ince trained with UT's men's club soccer team. She was also a member of UT's Tau Sigma National Honor Society and participated with many volunteer organizations, including Emerald Youth Foundation, Habitat for Humanity, Girls on the Run, and The Exceptional Foundation. Ince, who will cover general assignments at APG News, is working toward a career in foreign correspondence and hopes to become a combat journalist working in the Middle East and North Africa. She has an elementary-level proficiency in Arabic and plans to continue studying the language. Ince plans to attend graduate school for journalism and Middle East studies in the near future. Ince is a native of Bel Air, Md., and both of her parents worked at APG South (Edgewood).



Reward offered

The Aberdeen Proving Ground office of the U.S. Army Criminal Investigation Command (CID) is offering a \$1,000 reward for information leading to the identification, apprehension and conviction of the person(s) responsible for the theft of multiple computers and camera equipment, including Apple MacBooks and an iPad from the basement of Bldg. 3071, APG North (Aberdeen), belonging to RDECOM. Anyone with information concerning this theft should contact the APG CID Office at 410-278-5261/4042, DSN 298 or the APG Police Department at 410-306-0565, DSN 458. The payout of cash rewards to military and federal employees for information leading to a conviction is contingent upon exceptional actions regarding the information provided.

APG SEVEN DAY FORECAST

Thurs	Fri	Sat	Sun	Mon	Tue	Wed
42° 32°	45° 29°	36° 27°	41° 30°	40° 32°	45° 28°	35° 23°

APG NEWS

The APG News, a civilian enterprise newspaper, is an authorized publication for members of the U.S. Army. Contents of the APG News are not necessarily official views of, or endorsed by, the U.S. government, Department of Defense, Department of the Army or the U.S. Army Garrison, Aberdeen Proving Ground. The newspaper is published weekly by the APG Public Affairs Office, ATTN: IMAP-PA, Building 305, APG, MD 21005-5001, 410-278-1153. Printed circulation is 5,200. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the

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298-7274; send a fax to 410-278-2570; send e-mail to Editor patricia.g.beauchamp.civ@mail.mil or contact Assistant editor Yvonne Johnson, yvonne.johnson5.ctr@mail.mil or 410-278-1148, or Reporter Rachel Ponder, rachel.e.ponder2.ctr@mail.mil or 410-278-1149. Deadline for copy is Thursday at noon for the following Thursday's paper. Staff Acting APG Senior Commander ...Col. Charles Gibson APG Garrison Commander .. Col. Gregory R. McClinton Public Affairs Officer Kelly Luster Editor Pat Beauchamp Acting Assistant Editor..... Alan Feiler Contract Photojournalists..... Rachel PonderDeborah Ince Graphic designer/Photographer Molly Blosser Website www.apgnews.apg.army.mil

Hypothermia tips can be life saving

By **NANCY GOUCHER**

EFMP

It is important to take precautions to avoid being harmed by hypothermia now that cold weather has come to Maryland and many parts of the United States.

Hypothermia can cause poor health and death. Vulnerable individuals such as the disabled, elderly, sickly, homeless, and infants under 1 year, are more susceptible to hypothermia. They may not be aware they are becoming cold and they develop low body temperatures after exposure to the cold.

Hypothermia is a condition caused by an abnormally low internal body temperature. It develops when body heat is lost to a colder environment faster than it can be replaced. Temperatures do not have to be below freezing

Healthy Living

www.teamapg.com click on Community Health icon

for hypothermia to occur.

Drugs deserve special mention because they are thought to be a major predisposing factor to hypothermia. Among those most likely to develop hypothermia are those medically vulnerable individuals. They may not know how to keep warm when exposed to the cold, they may not shiver or react to cold; and they may take certain medi-

cations that prevent the body from regulating temperatures normally, such as anti-depressants, sedatives, tranquilizers, and cardiovascular drugs.

Below are some practical recommendations to prevent hypothermia

- Dress in different layers of warm loose clothes. Do not wear tight clothes; you want to create breathable layers underneath with a layer above that pre-

vents moisture from getting in.

- Wear a hat and scarf to avoid significant heat loss through the head and neck.

- Use additional blankets because hypothermia can develop during sleep.

- Eat nutritious foods and exercise moderately. Proper diet and physical exercise help protect against the cold.

- Get proper rest; fatigue makes you more vulnerable to cold.

- Drink adequate amounts of liquids, such as water. Limit your alcohol intake because alcohol speeds up body heat loss.

If you believe someone may be a victim of hypothermia, call an ambulance or 911 immediately. Hypothermia is a dangerous medical problem and the victim needs professional attention.

IEWFC wins post intramural soccer championship

By **YVONNE JOHNSON**

APG News

The 2013 Intramural Soccer Championship game was postponed several days due to soggy field conditions after the region's early snowstorm, but the game was finally played Dec. 19 with the Intelligence Electronic Warfare Football Club (IEWFC) in the winners' bracket and Orange Crush in the loser's bracket. IEWFC is a part of the Intelligence Electronic Warfare and Sensors Directorate at the U.S. Army Communications-Electronics Command (CECOM).

According to MWR's Terry Allen, IEWFC finished the regular season with a 5-3-1 record but came on strong and went undefeated through the post-season tournament. Orange Crush lost their first game against the 20th CBRNE Command but rebounded to win the next four, setting up the championship showdown against IEWFC.

"The championship game was so evenly matched that the first game went into overtime," said Allen. "Neither team could get the upper hand."

Needing to win twice, Orange Crush scored on a break-away goal to force

a second game. Neither team scored until the second half. Orange Crush scored first but IEWFC struck back quickly, tying the game just before the end of regulation.

As expected, the teams went into a second double overtime. Orange Crush scored with about six minutes left. In the final minutes of the second half, Joe Baron blasted a ball in from the top of the 18 to tie the game at 1-1 and send it into overtime. After a scoreless half in overtime, Baron again received a low pass in from teammate Labinot Shabani and finished with the ball in the top left corner, ending the game and winning the championship for IEWFC.

"IEWFC scored the winning goal in the second overtime of the second game," Allen said. "That proves how evenly matched these teams are."

George Berry coached Orange Crush, and John Baron and Matt Cannon were the coaches of IEWFC.

"It was a dog fight until the end with a lot of close chances on both sides," said Baron.



File Photo

CERDEC employees discuss engineering with students

Story and photo by
AMANDA ROMINIECKI

CERDEC Public Affairs

Army scientists recently gave advanced math and science high school students firsthand insight into engineering as a career path at a recent panel discussion in Bel Air.

Six engineers from the U.S. Army Research, Development and Engineering Command's communications-electronics center (CERDEC) spoke to C. Milton Wright High School students about life as both a student and a professional in the field of engineering, from how to manage college course loads to what to expect at their first job as an entry-level engineer.

Students in attendance were enrolled in advanced placement math and sciences courses at CMW HS or the Project Lead the Way program, which is a national organization that aims to increase the number, quality and diversity of engineers graduating in the U.S.

"My parents are engineers at APG," said CMW HS junior Matthew Baker. "It's always been something that has interested me. I guess it was just the way I was raised. I want to be an engineer and work in Germany."

Engineers answered students' questions covering topics including how to pick an engineering specialty, juggling college coursework and extracurricular activities and what an engineer's daily work day is like.

Panelists also helped clear up misconceptions of life in college as an engineering major. Many of the concerns students had centered around being able to "have a life" in college, fear of having to give up passions for athletics or the arts and what aspects of their education will have true practical use.

"As a young engineer who just made the transition from college to a full-time career, I'm not as far removed from them. Hopefully they will be able to relate to me and my experiences," said Cassandra Reilly, a CERDEC chemical engineer who has been involved with several CERDEC Outreach programs engaging local students in STEM.



At a panel discussion at C. Milton Wright High School in Bel Air, Md., engineers answered questions including how to pick an engineering specialty, juggling college coursework and extracurricular activities, and what an engineer's daily work day is like.

Alex White, a sophomore at CMW HS, said he wanted to know more about the degree and career steps required to become an architect or civil engineer, as well as if the classes she takes in high school will be useful later.

"I would have liked to have had this opportunity when I was in high school," Reilly said. "I didn't have older siblings who went through this process, so I didn't know what to expect when applying for college, picking a major and then eventually finding a job."

The engineers on the panel varied in engineering specialty, including mechanical, chemical and civil engineers, and age in order to give students a holistic look at engineering as a career path.

Participants included Andrea Viegas

and Delissa Carline, both from CERDEC's Product Realization Directorate; Reilly and Lauren Marzocca, from CERDEC's Command, Power & Integration Directorate; and Giorgio Bertoli and Jeff Chiem from CERDEC's Intelligence and Information Warfare Directorate.

Viegas said she wanted to ensure students left the discussion knowing there are endless -- and interesting -- job opportunities available to engineers.

"The job of an engineer is always in demand," Viegas said. "While giving tech support for the de-fielding of an old system, we are also contributing to the design of the next new system. With so many opportunities, it is easy to find the area of technology that interests you the most."

While the engineers' ages and backgrounds varied, the panel at this event was unique in one key way, said Erica Bertoli, the lead of CERDEC's Outreach team.

"Four of the six engineers on this panel were female," she said. "At the high school and college level women drop out of engineering programs at a much higher rate than their male counterparts. To have four young women on this panel is particularly unique."

At the conclusion of the discussion, students learned about Department of Defense STEM programs including the eCYBERMISSION competition and the SMART scholarship for service program which functions similarly to ROTC but for civilians in scientific fields of study.

How are we doing? E-mail comments and suggestions for the APG News to the editor at usarmy.apg.imcom.mbx.apg-pao@mail.mil

New ULTRA facility opens on C4ISR campus

By **ARGIE SARANTINOS-PERRIN**
PEO C3T

Three Army organizations have united to form the new Unified Lab for Tactical Radios – Army (ULTRA), combining research, development, sustainment and acquisition efforts for the Army's radio portfolio in a single location.

The new facility combines personnel and resources from the Communications-Electronics Command (CECOM), Program Executive Office Command, Control, Communications-Tactical (PEO C3T) and Communications-Electronics Research, Development and Engineering Center (CERDEC) in order to provide economies of scale and better coordination of radio technologies throughout their lifecycle.

A ribbon-cutting ceremony for the ULTRA facility, which is located on the Command, Control, Communications, Computers, Intelligence Surveillance and Reconnaissance (C4ISR) campus at Aberdeen Proving Ground was held Jan. 7. The ULTRA facility will support the full lifecycle of Army radios, from research and development, to procurement and management, to sustainment. Radios represented in the lab include a variety of current program of record and commercial products managed by PEO C3T's Project Manager Tactical Radios, as well as legacy and future systems.

"The synergies that can exist on this

capability upgrades and troubleshooting of various tactical radios. The Army's latest software-defined radios – currently used in Afghanistan by two Brigade Combat Teams (BCTs) from the 10th Mountain Division – enable Soldiers to communicate and maintain situational awareness beyond line of sight, by using advanced waveforms that create mobile, ad-hoc networks.

Before radios are sent to Afghanistan and other locations, they must go through rigorous testing both individually and as part of the holistic Army network. The ULTRA team will perform some of these evaluations to ensure interoperability between current and future radio systems, as well as conduct realistic risk reduction activities prior to additional external test events and fielding.

With each new evolution, the Army's tactical radios deliver more capabilities; however, they also become more complex to oversee and maintain. By pooling resources and expertise, the ULTRA team will not only ensure that current and future radios are properly maintained and integrated into the network, but also provide evolving support throughout their lifecycle.

"One of the big benefits of this laboratory is that we're going to be able to collect up those people that we have with those technical talents and use them to train other people so that we can grow our workforce right in this lab," said



Ben Foresta, tactical radio branch chief, Space and Terrestrial Communications Directorate (S&TCD), Communications-Electronic Research and Development Center (CERDEC), demonstrates some of the radio equipment which will be used at the Unified Laboratory for Tactical Radios-Army (ULTRA). The new lab will combine research and development, sustainment and acquisition efforts for the Army's radio portfolio in a single location.
Photo by Chad Padgett

tory (CSIL) and the Tactical Systems Integration Facility (TSIF). The facilities' interoperability, connectivity and close proximity will enable the information gathered in ULTRA to feed other activities and vice versa, eliminating duplicative efforts and redundancies.

"We're going to leverage the investment that we made in the CSIL," said Scott Newman, ULTRA lab manager and program director for Systems Engineer-

ing and Integration, CERDEC S&TCD. "We're going to work hand-in-hand to make sure this new lab is a success."

The ULTRA facility is positioned to support the Army's new acquisition strategy for tactical radios that promotes full and open competition among all industry partners. By serving in a dual capacity as the Soldier Radio Waveform (SRW) Reference Implementation Lab, the ULTRA facility will ensure interoperability of SRW among multiple vendors' hardware platforms. Additionally, the ULTRA team will be able to collect and analyze data on numerous vendors' systems in a single location.

When the lab is completed, it will be dedicated to Paul Angelini and Wayne Hugo, who made significant contributions to the Army's tactical radio programs. Angelini, who began his career at CERDEC in 1999, researched and developed small disposable radios and also supported the development of the SRW that is used by sensors, munitions, tactical missiles and Soldiers.

Hugo, who began his government career in 1984, was also instrumental in developing the SRW. His work on the Soldier Level Integrated Communications Environment (SLICE) project was used to develop the SRW that is used for integration and porting onto joint tactical radio systems platforms.

At the ribbon-cutting ceremony, senior leaders said ULTRA serves as an example of the synergies achieved on the C4ISR campus. "The idea of being able to share on the capital investments for laboratories, minimizing the investments from each of the organizations and then growing a workforce collectively that can work across the lifecycle will benefit us all," said Gary Martin, acting director, CECOM.

"The synergies that can exist on this campus are amazing for the Army. This lab will enable a future for Army communications for our radio procurements and for the expansion and enhancement of the technology that we have in the field today"

Brig. Gen. Daniel P. Hughes
Program executive officer for C3T

campus are amazing for the Army," said Brig. Gen. Daniel P. Hughes, program executive officer for C3T. "This lab will enable a future for Army communications for our radio procurements and for the expansion and enhancement of the technology that we have in the field today."

In order to provide the best and easiest to use radios for Soldiers, the ULTRA facility will perform testing, integration,

Dr. Paul Zablocky, director of the CERDEC Space and Terrestrial Communications Directorate (S&TCD). "ULTRA goes that next step and we start sharing human resources and human capital and grow them together."

The CSI4R campus is also home to other network laboratories and integration facilities, including the C4ISR Systems Integration Labora-

ing and Integration, CERDEC S&TCD. "We're going to work hand-in-hand to make sure this new lab is a success."

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MARK YOUR CALENDAR

TODAY
JANUARY 16
2014 MLK CELEBRATION

Team APG will host the Martin Luther King Jr. Holiday Celebration 10:30 a.m. at the Myer Auditorium, Bldg. 6000 in the C4ISR campus. The guest speaker, the Reverend Dr. John G. Moore Sr., vice president of Resource Development and Strategic Partnerships for the United Way of Delaware, will speak on the theme: “Remember! Celebrate! Act! A Day On, Not A Day Off!”

This event is presented by the U.S. Army Communications-Electronics Command (CECOM).

For more information, contact Tracy Marshall, CECOM/Installation EOA, 443-861-4366, tracy.y.marshall.civ@mail.mil; Master Sgt. Ryan Cole, 20th CBRNE Command EOA, 410-436-0320, ryan.p.cole.mil@mail.mil; Sgt. 1st Class Howard Norcross, ATEC EOA, 443-861-9251, howard.j.norcross.mil@mail.mil; Sgt. 1st Class Yvette James, RDECOM EOA, 410-306-2425, yvette.l.james.mil@mail.mil ; or Linda Patrick, USAPHC EEO, 410-436-1023, linda.d.patrick.civ@mail.mil.

SAME CHESAPEAKE POST
JANUARY MEETING

The January meeting of the Society of American Military Engineers Chesapeake Post will be held at the Wetlands Golf Club in Aberdeen at 11:30 a.m. This month’s featured speaker is Greg Allen, Region 3, EPA Chesapeake Bay Program whose presentation is titled “Chesapeake Bay Regulations.”

For reservations or more information, contact rsvp@fredward.com. Walk-ins are also welcome.

FRIDAY
JANUARY 17
MARYLAND FOOD BANK DROP

The APG Garrison, in conjunction with the Sergeant Audie Murphy Club and Better Opportunities for Single Soldiers, will host a food drop by the Maryland Food Bank 11 a.m. to 1 p.m. at the BOSS Bldg. 2407. The Maryland Food Bank aims to distribute fresh, locally-grown fruits and vegetables. Other products such as canned and dry goods also may be available. This event is open to APG service members and their spouses, civilians, contractors, and military retirees.

For more information, contact Sgt. Eric Jimenez, BOSS president, at 410-417-0149 or visit [Facebook.com/APGMD](https://www.facebook.com/APGMD).

SUNDAY
JANUARY 19
ADULT PROTESTANT BIBLE STUDY

Adult Protestant Bible Study will begin 9 to 9:50 a.m. in classroom 4 room #5 at the APG North (Aberdeen) chapel. The class will be an interactive study and facilitated with a “team approach” by Chaplain (Lt. Col.) Jerry Owens, assisted by Monroe Manning and Louis Snowden. The theme is: “The Jesus I Never Knew” by Philip Yancey. To register or for more information, contact Gerri Merkel, director of religious education, at 410-278-2516 or email caroline.j.merkel.civ@mail.mil

THURSDAY
JANUARY 23
LUNCH WITH TUSKEEGEE AIRMEN

All are invited to attend the Susque-

hanna Chapter of the Military Officers Association of America for lunch at the Richlin Ballroom, 11:30 a.m. to 1 p.m., when four original and documented Tuskegee Airmen will discuss their experiences. The nation’s first African-American fighter pilots, aircraft mechanics and maintenance techs, Tuskegee Airmen overcame segregation and prejudice to become one of the most highly respected fighter groups of World War II. The cost is \$25. RSVP to TJ Staffieri at tjs3tjs3@gmail.com by Jan. 18 or mail checks, payable to Susquehanna MOAA, to Susquehanna MOAA, ATTN: Luncheon, PO Box 243, APG MD 21005.

For more information, contact Jeff Brock, chapter president, at 443-686-1454.

WOA MONTHLY MEETING

The U.S. Army Warrant Officer Association’s Aberdeen-Edgewood “Silver” Chapter will hold its monthly meeting 11:30 a.m. at the APG North (Aberdeen) recreation center, Bldg. 3326 room 105. Lunch will be provided 11:30 a.m. and the meeting will be held noon to 12:45 p.m.

For more information contact retired Chief Warrant Officer 4 Owen McNiff at 571-243-6561/443-861-1936 or email: omcniff@yahoo.com.

TUESDAY
FEBRUARY 4
GARRISON TOWN HALL

Garrison staff is invited to attend the Garrison Town Hall at the APG North (Aberdeen) post theater at 10 a.m. APG South (Edgewood) staff may join via VTC at the EA Conference Center, Bldg. E4810.

- Topics to be discussed include:
- Results of the recent climate survey
 - Retirement Planning Class Overview
 - Employee Assistance Program
 - DFMWR Spring Trips and Programs
 - Summer Camp Offerings

A Q&A session will be held during this event. To submit questions in advance, email usarmy.apg.imcom.mbx.apg-pao@mail.mil. For more information about the Garrison Town Hall, contact Lisa McClure at lisa.a.mcclure9.civ@mail.mil, (410) 278-0003.

SATURDAY
FEBRUARY 8
ST. BARBARA’S DAY CELEBRATION

The APG Chapter of the Field Artillery Association will host a St. Barbara’s Day Celebration starting 6 p.m. at Top of the Bay. Tickets cost \$60 per person or \$600 for table of 10. The celebration includes prime rib and crab cake dinner, awards ceremony and dancing. All friends of artillery are welcome. Register or receive more information online at https://events.brtrc.info/ausa-aberdeen/2014_St_Barbaras_Day_Ball/.

SATURDAY
MARCH 1
TALENT HUNT

The Iota Nu chapter of Omega Psi Phi Fraternity present their annual talent hunt from 2 to 5 p.m. at the Ball Conference Center, Bldg. 3074, APG North (Aberdeen). The competition is open to high school students, grades 9 through 12. Students will be able to compete in the areas of Dance, Dramatic Interpretation, Instrumental Solo, Vocal Solo and Visual Art. Cash prizes will be awarded and the first place winner will advance to the district competition. Admission to

the event is free.

To enter the talent hunt, or for more information, contact Anthony Dorsey at 443-528-5122, Anthony.dorsey@gmail.com or Mark Thomas at 443-752-4205, crunch-22@comcast.net.

ONGOING
THROUGH JANUARY 20
ESGR ACCEPTING
NOMINATIONS FOR FREEDOM AWARD

Employer Support of the Guard and Reserve (ESGR), a Department of Defense office, is accepting nominations for the 2014 Secretary of Defense Employer Support Freedom Award. The Freedom Award is DoD’s highest honor to civilian employers for exceptional support of their National Guard and Reserve employees.

ESGR Guardsmen, Reservists or Family members are encouraged to submit nominations at www.FreedomAward.mil by Jan. 20, 2014. Up to 15 award-ees will be recognized during a Washington, D.C. ceremony on a date to be announced.

For more information, contact Beth Sherman, ESGR Public Affairs, at 571-372-0705 or email OSD.ESGR-PA@mail.mil.

THROUGH FEBRUARY 28
SCHOLARSHIPS FOR MILITARY CHILDREN PROGRAM

Applications for the 2014 Scholarships for Military Children Program became available Dec. 3 at commissaries worldwide or on the Internet at <http://www.militaryscholar.org>.

Applications must be turned in to a commissary by close of business Feb. 28, 2014. Packages must be hand-delivered or shipped via U.S. Postal Service or other delivery methods; not emailed or faxed.

This year’s award amount has risen to \$2,000, and the program awards at least one scholarship at each commissary with qualified applicants.

An applicant must be a Family member, unmarried child, younger than 21 – or 23, if enrolled as a full-time student at a college or university – of a service member on active duty, Reserve or National Guard, retiree or survivor of a service member who died while on active duty, or survivor of a retiree.

Applicants should ensure that they and their sponsor are enrolled in the Defense Enrollment Eligibility Reporting System (DEERS) database and have a military ID card. The applicant must attend or plan to attend an accredited college or university, full time, in the fall of 2014 or be enrolled in studies designed to transfer to a four-year program.

Fisher House Foundation, a non-profit organization that helps service members and their families, administers the program. Scholarship Managers, a national, nonprofit, scholarship management services organization, manages and awards the scholarships. Commissary partners and the general public donate money to the program; every dollar donated goes directly to funding the scholarships.

Since inception of the program in 2001, more than \$11.3 million in scholarships have been awarded to 7,412 military Family members from more than 71,000 applicants.

For more information, students or sponsors should call Scholarship Managers at 856-616-9311 or email them at militaryscholar@scholarshipmanagers.com.

CORVIAS 2014 GRANT AND SCHOLARSHIP APPLICATIONS AVAILABLE

The Corvias Foundation has announced that applications for the 2014 Our Future Scholarships and the 2014 Our Family Educational Grants are now available.

Applications for Our Future Scholarships must be submitted by Feb.13, 2014, and will be awarded to high school seniors with plans of attending a four-year university or college in the amount of up to \$50,000 each. Applications for the 2014 Our Family Educational Grants must be submitted by May 8, 2014. Grants are given in the amount of up to \$5,000 to spouses of active-duty service members at the installations listed above. Applicants may be in any stage of the educational process. Recipients will be notified by July 10.

Families do not have to reside in on-post housing to qualify. Eligible service members stationed at these installations can serve in any branch of the military.

To apply, go to <http://corviasfoundation.org>. For more information, call 401-228-2836 or email info@corviasfoundation.org

CPR, AED CLASSES SCHEDULED

The APG Fire and Emergency Services Division of the Directorate of Emergency Services has released its sched-

APG SATO TRAVEL RESERVATION NUMBER CHANGES

Effective immediately, the local reservation line 410-273-1100 for CWTsato Travel has been disconnected. The new reservation line is 800-296-3074.

“It is especially important that anyone who handles orders for any individual or organization has the correct number, and it is updated in the Defense Travel System” said APG Transportation Officer Nick D. Curcio. The Fax numbers will remain 410-273-1181 and 866-209-2035.

ule for CPR and automated external defibrillator (AED) classes for 2014. Two classes will be held the third Wednesday of each month at 9 a.m. and 1 p.m. in the same location.

Jan. 15, APG North (Aberdeen) chapel
Feb. 19, Edgewood Conference Center
March 19, APG North (Aberdeen) chapel
April 16, Edgewood Conference Center
May 21, APG North (Aberdeen) chapel
June 18, Edgewood Conference Center
July 16, APG North (Aberdeen) chapel
Aug. 20, Edgewood Conference Center
Sept. 17, APG North (Aberdeen) chapel
Oct. 15, Edgewood Conference Center
Nov. 19, APG North (Aberdeen) chapel
Dec. 17, Edgewood Conference Center

Class size is limited to 30 participants. For more information or to register, contact Mike Slayman, assistant chief of EMS, at 410-306-0566 or e-mail michael.p.slayman.civ@mail.mil.

CYSS PARTNERS WITH HOMESCHOOLERS

APG Child, Youth and School Services is trying to establish a partnership with authorized users who homeschool their children in the Aberdeen and Edgewood areas. CYSS is willing to open its facilities during the week so homeschooled children can have access to classrooms, the computer lab and gym on a scheduled basis. For more information, call 410- 278-7571/7479.

FRIDAY NIGHT OPEN RECREATION FOR TEENS

The APG North (Aberdeen) Youth Center, Bldg 2522, invites all high school students out to its free Friday Night Open Recreation for Teens, every Friday from 6 p.m. to midnight. Teens are invited out to meet new friends, shoot some hoops or just play some pool. Bring up to two non-DoD friends to join in the fun. For more information, call 410-278-4995.

YOUTH CENTER OPENINGS

The Aberdeen and Edgewood programs currently have immediate openings for the 2013-2014 school year at their School Age & Youth Services facilities. Openings are available in both locations for eligible users. For more information, call 410-278-7571/7479.

KEYSTONE CLUB

This free class for high school students meets every other Friday, 7 to 9 p.m. at the APG North (Aberdeen) Youth Center, Bldg 2522. This unique leadership development experience provides opportunities for young people ages 14-18. Youth participate in activities, both in and out of the club, in three focus areas: academic success, career preparation and community service. With the guidance of an adult advisor, Keystone Club aims to have a positive impact on members, the club and community. Participants may bring up to two non-DoD friends. For more information, call 410-278-4995.

INSIDE APG

APG commanders and subject matter experts will discuss topics of interest to the local community every Saturday and Wednesday at 7:50 a.m. during “Inside APG: Creating One Community Without a Gate,” a monthly radio series on 970 WAMD. For more information about the series, to schedule or request an interview, call the Garrison Public Affairs Office at 410-278-1150. For previous interviews, follow these links:<http://youtu.be/a8vuMdxmG50>; <http://youtu.be/se7hTkwnbO8>

PIANO & GUITAR LESSONS

Each class is a one-on-one, 30-minute session for seven or eight weeks, once a week. Parents choose a time between 3 and 9 p.m. when they register their children. Open to all DOD ID cardholders. To register, visit Central Registration or call 410-278-7479/7571. For information, email lauren.e.kateley.naf@mail.mil or call 410-278-4589.



Jennifer Perez
Acting SKIESUnlimited Director/Youth Program Assistant
for CYSS (Child, Youth & School Services)

As Acting SKIESUnlimited Director/Youth Program Assistant for CYSS (Child, Youth & School Services) Jennifer Perez takes the enjoyment she gets in working with people and puts it directly into her work.

“I enjoy working with kids and interacting with people,” Perez said. “I thought this position would allow me to do what I enjoy.”

As recently-appointed acting SKIES director, Perez handles administrative tasks and interacts with children and parents about CYSS programs. As program assistant, a position she has held for eight months, Perez ensures that all programs are running smoothly and works directly with the children and parents participating in them.

Perez said that “getting to build relationships with the parents and children” is what she enjoys most about her job.

“I like helping others, and my position allows me to communicate with the children and the parents and give them the best customer service that I can, which is something that is very fulfilling,” Perez said.

SKIESUnlimited offers Tae kwon do, piano and guitar lessons, SAT Prep, driving education, babysitting courses, and Spanish and music classes. It is located at the CYSS, Bldg. 2503, room 205.

For more information, visit http://www.apgmwr.com/family/youth_skies.html.

Army power, energy research moves forward

RDECOM Public Affairs

Army researchers and scientists at Aberdeen Proving Ground are advancing power and energy for the future.

“One of the best ways we can help protect our Soldiers is to ensure they have the power and energy they need to complete their operational missions,” said Katherine Hammack, assistant secretary of the Army for Installations, Energy and Environment. “Without power and energy they stand still, unable to move their vehicles and they are silent, unable to use their radios to communicate.”

Hammack gave the featured interview in the January issue of *Army Technology Magazine*, a publication of science and technology news from the U.S. Army Research, Development and Engineering Command.

RDECOM has six research and engineering centers and the U.S. Army Research Laboratory working on technology solutions for Soldiers.

The current issue of the magazine features an overview of the future of Army power and energy, a look at Energy Informed Operations and articles on fulfilling the power needs of tomorrow's Soldiers.

“Our Soldiers rely on power and energy for operating, vehicles, communicating, firing weapons, and more,” said



R D E C O M Director Dale A. Ormond. “Looking to the future, it appears our reliance on power and energy will only grow.”

At the command's tank and automotive center, researchers are collaborating with the Department of Energy to achieve new fuel efficiencies.

But energy efficiencies will not only be in vehicles.

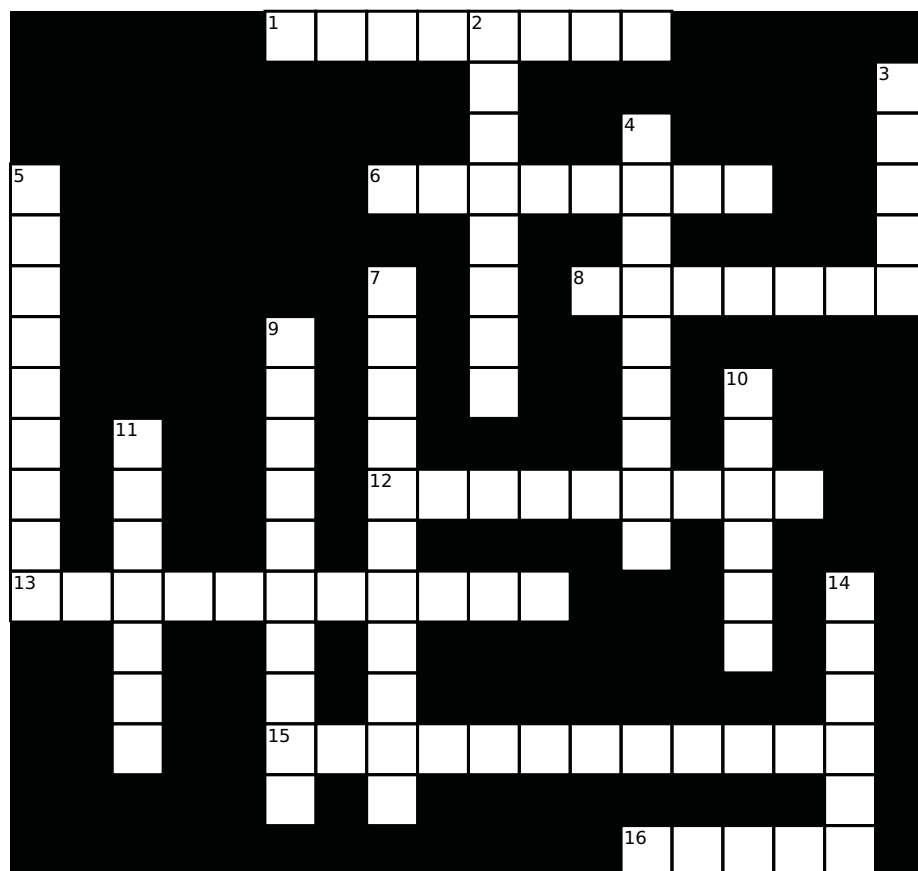
Tomorrow's Army may use innovative garbage-to-energy convertors to reduce the Army's carbon footprint at forward

operating bases. The Tactical Garbage to Energy Refinery, known as TGER, is a deployable bio refinery prototype system designed to convert field waste into immediate usable energy.

“TGER is an energy machine that happens to get rid of waste,” said Dr. James Valdes, a senior technologist for biotechnology at the Edgewood Chemical Biological Center. “It is not a trash disposal that happens to make a little energy. There's a big distinction and it depends on your mission.”

The magazine is available as an electronic download, or print publication. *Army Technology Magazine* is an authorized, unofficial publication published under AR 360-1, for all members of the Department of Defense and the general public.

The APG Crossword



Answers to this puzzle may be found in this edition of the APG News, or may be common knowledge. The completed puzzle will be published in next week's paper.

Across

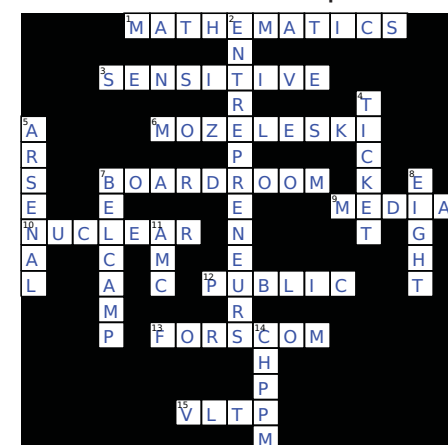
1. _____ we serve, _____ (same word) we give.
6. AED abbreviates automated _____ defibrillator
8. Richard _____ is helping the APG News editor lose weight.
12. The _____ Airmen is an African-American group of fighter pilots, aircraft pilots and maintenance tech from WWII.
13. the TALOS will employ an _____ — a mechanism that carries the brunt of the load.
15. Residential power outages should be reported to the Corvias Military Living _____ Office
16. _____ won December's Intramural Soccer championship.

Down

2. ULTRA is the acronym for Unified Lab for _____ Radios.
3. The Exchange is part of this organization.
4. SKIES _____ provides instructional opportunities for children from infancy through high school age.
5. One street-talk participant said she will be replacing _____ with fruits and vegetables to keep her New Year's resolution.

7. _____ is a condition caused by an abnormally low internal body temperature
9. _____ planning class overview is one of the topics to be discussed at the Feb. 4 Garrison Town Hall
10. _____ (organization) recently suffered a theft of a number of laptops and an iPad.
11. _____ Ince is the new photojournalist for the APG News.
14. Engineers from this organization spoke to C. Milton Wright High School students about the field of engineering.

Solution to the Jan. 9 puzzle



Whyne oversees chemical weapons destruction, gets presidential award

PEO-ACWA Public Affairs

Each year, the President of the United States recognizes a select group of career senior executives with the Presidential Distinguished Rank Award, a symbol of excellence in public service for those who achieve results and consistently demonstrate strength, integrity and industry.

Program Executive Officer Conrad F. Whyne, who now leads the Department of Defense’s Assembled Chemical Weapons Alternatives program, was among those honored for 2012 achievements.

Whyne was recognized for achievements while serving as Director of the U.S. Army Chemical Materials Agency, where he managed the destruction of more than 4,300 tons of chemical agent and weapons while achieving an Occupational Safety and Health Administration recordable injury rate of 0.77, a rate normally seen in office build-

ings, not at Army industrial sites storing, transporting and destroying highly hazardous chemical weapons.

Whyne now oversees all aspects of the safe elimination of the remaining U.S. chemical weapons stockpile stored at Army installations in Colorado and Kentucky.

The president has honored leading federal employees with rank awards every year since 1978, when the Senior Executive Service was established. Each year federal agency heads nominate executives from across the government, a citizen panel evaluates nominations, and the president designates the award.

Whyne was one of 46 selected to receive the honor from 6,800 Senior Executive Service members nominated. He received his presidential certificate and pin from Assistant Secretary of the Army (Acquisition, Logistics and Technology) Heidi Shyu Nov. 13, 2013.

Courtesy photo
Program Executive Officer Assembled Chemical Weapons Alternatives Conrad F. Whyne receives his Presidential Distinguished Rank award certificate from Assistant Secretary of the Army (Acquisition, Logistics and Technology, Heidi Shyu during a Nov. 13 event at the Pentagon in Arlington County, Va,



Military developing ‘Iron Man’ suits

Fort Bend News

U.S. Special Operations Command is using unprecedented outreach and collaboration to develop what its commander hopes will be revolutionary capabilities: a suit that’s been likened to the one worn by the “Iron Man” movie franchise superhero that offers operators better protection, enhanced performance and improved situational awareness.

The Tactical Assault Light Operator Suit, or TALOS, is the vision of Navy Adm. William H. McRaven, Socom’s commander. He challenged industry and defense representatives at a Socom conference last spring to come up with the concepts and technologies to make the suit a reality.

Exactly what capabilities the TALOS will deliver is not yet clear, explained Michael Fieldson, Socom’s TALOS project manager. The goal is to provide operators lighter, more efficient full-body ballistics protection and super-human strength. Antennae and computers embedded into the suit will increase the wearer’s situational awareness by providing user-friendly and real-time battlefield information.

Integrated heaters and coolers will regulate the temperature inside the suit. Embedded sensors will monitor the operator’s core body temperature, skin temperature, heart rate, body position and hydration levels. In the event that the operator is wounded, the suit could feasibly start administering the first life-saving oxygen or hemorrhage controls.

Fieldson admitted that the analogy to the suit that Robert Downey Jr.’s Tony Stark character wore in the “Iron Man” movies may be a bit of a stretch. The TALOS, for example, isn’t expected to fly. But beyond that, there’s little that Fieldson — or anyone else at Socom — is ready to rule out.

In a departure from past practices of introducing new products piecemeal, adding bulk and weight to operators’ kit, the TALOS will be a fully integrated “system of systems,” Fieldson said. To offset the weight of computers, sensors and armor that make up the suit, operators will have an exoskeleton — a mechanism that carries the brunt of the load.



U.S. Army courtesy photo
U.S. Army Sgt. 1st Class Matthew Oliver showcases an example of what a soldier may look like in the year 2032 at the 2012 Chicago Auto Show.

“The intent is to have this fully integrated system so you can provide the most capability at the lowest impact to the soldier,” Fieldson said. “We think there is some efficiency to be gained if all the equipment is fully integrated as opposed to different components that are simply assembled on the human.”

Keeping the systems and the exoskeleton powered will require more than today’s batteries can deliver. So along with the TALOS technologies, Socom is calling on the scientific and technical community to come up with reliable and portable power sources.

“We are really looking at stretching the bounds of science and technology,” Fieldson said.

That’s led Socom to reach out to partners within the Department of Defense, as well as industry and academia for help in pushing today’s technological limits.

The command is working with the Defense Advanced Research Projects Agency, as well as U.S. Army Natick Soldier Research, Development and Engineering Center and the U.S. Army Research, Development and Engineering Command, among other DoD organizations, to tap into projects already underway.

Officials at the U.S. Army Research, Development and Engineering Command at Aberdeen Proving Ground say their programs have a direct application to TALOS as well.

“[The] requirement is a comprehensive family of systems in a combat armor suit where we bring together an exoskeleton with innovative armor, displays for power monitoring, health monitoring, and integrating a weapon into that — a whole bunch of stuff that RDECOM is playing heavily in,” said

Army Lt. Col. Karl Borjes, the command’s science adviser.

“RDECOM cuts across every aspect making up this combat armor suit,” he said. “It’s advanced armor. It’s communications, antennas. It’s cognitive performance. It’s sensors, miniature-type circuits. That’s all going to fit in here, too.”

Although the TALOS is initially intended for special operators involved in high-risk missions, it has implications for the conventional force as well, Fieldson said.

“We have a long history at Socom of developing things first and then the technology moving out to the broader force,” he said. “We fully expect that to happen with this one as well. I think there will be a lot of spinoff technologies that the broader force will be able to use.”

Leave Donations

To participate in the Voluntary Leave Program, use forms OPM 630, Application to Become a Leave Recipient Under the Voluntary Leave Transfer Program; OPF 630-A, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (within agency); and OPM 630-B, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (outside agency).

For info, contact Cathy Davis at 410-306-0152 or cathy.a.davis4.civ@mail.mil.

Kennedy, Sandra
Lamar-Reevey, Kellie
Freidman, Mariann
Nunley, Dana
Solomon, Je’Neane
Samler, Jennifer
Brown, Rita
Hill, Christian
Williams, Demetria
Urban, Brenda
Cwiertnie, Victoria L.
Jones, Michelle
Calahan, Jane
Martino, Rose
Birch, Garfield
Crawford, Curtis
Green-Farley, Jessica
Scott, Chandria

Employees eligible for donations in the Voluntary Leave Transfer Program

Walker, Cally
Winne, Janeen
McClintick, Jill
Smith, Deborah
Rodriguez, Pedro
Blethen, Matthew
Wilding, Jasmine
Robinson, Lisa
Chang, Jennifer
Alexander, Patricia
Eberhardt, Joanne
Fike, Curtis
Gunter, Angeline
Humes, Lashonda
Lee, Aileen
Lowry, Teresa
Poole, Rodney
Torrise, Carmen

Williams, Jonathan
Wright, Sameisha
Young, Trier
Caron, Lois
Corun, Charlene
Hoffman, William
Sweeney, Joseph
Park, Jessica
Blethen, Lena
Cobb, Joyce
King, Beverly
Shelton, Lena
Robinson, Jennifer
Sumic, Angie
Small, Errol
Whittingham-Fields, Takeyce

Did you know?

January 16th is National Nothing Day

It is celebrated by doing nothing.

Proposed by columnist Harold Pullman Coffin in 1972, its purpose is to give Americans a day to do absolutely nothing.

ECBC to safely destroy Syrian chemical agents

Continued from Page 1

was available in June. A second was available in September.

Onboard the ship, an environmentally sealed tent contains two Field Deployable Hydrolysis System, or FDHS, units, which will operate 24 hours a day in parallel to complete the chemical warfare agent neutralization mission. Each unit costs about \$5 million and contains built-in redundancy and a titanium-lined reactor for mixing the chemical warfare agents with the chemicals that will neutralize them.

About 130 gallons of mustard gas can be neutralized at a time, over the course of about two hours, for instance, said Adam Baker, with the Edgewood Chemical Biological Center.

The FDHS systems can, depending on the material, process between 5 to 25 metric tons of material a day. With two systems, that means as much as 50 metric tons a day of chemical warfare agents can be destroyed. The mission requires disposal of 700 metric tons of material. But the plan is not to start out on the first day at full speed.

“There is a ramp-up period,” Baker said. “It’s going to be a slow start. We’re going to go very deliberately and safely.”

Rob Malone, with the Joint Project Manager for Elimination at Edgewood, said the two chemical warfare agents will be neutralized with reagents such as bleach, water or sodium hydroxide.

“They are doing a chemical hydrolysis process. It brings the chemical agent together with a reagent, another chemical,” Malone said. “It creates a chemical reaction that basically destroys the chemical agent in and of itself.”

The result of that neutralization process will create about 1.5 million gallons



Tanks such as these aboard the MV Cape Ray will hold chemical reagents used to destroy chemical weapons during an upcoming mission in the Mediterranean. There will be about 64 chemical specialists from Edgewood U.S. Army courtesy photo

of a toxic “effluent” that must be disposed of, but cannot be used as a chemical weapon. Additionally, Malone said, the effluent is similar to other toxic hazardous compounds that industrial processes generate. There is a commercial market worldwide for disposing of such waste.

The effluent will be acidic and will be PH-adjusted to bring it up to “above neutral,” as part of the process. The end result will be a liquid that is caustic, similar to commercially-available “Drano,” said Baker.

The operational plan includes a cycle of six days of disposal plus one day for maintenance of the equipment. On board will be about 220 6,600-gallon containers that will hold the reagents used in the disposal process, and will also be used

afterward to hold the effluent. “Everything will be kind of contained on the ship throughout the entire process,” Malone said.

Years of Experience

The U.S. has never disposed of chemical weapons aboard a ship before. But it has spent years disposing of its own chemical weapons on land, using the same process that the FDHS uses. The chemical process is not new, and neither is the technology. The format, field deployable, is new, however. And the platform, aboard a ship, is also new. And these additions to the process have created challenges for the team.

“This has not been done on this platform, not been done at sea,” said Baker. “But it is taking the established oper-

ations we’ve done at several land sites domestically and internationally and is applying them here.”

In the U.S., the military has been destroying its own chemical weapons for years at places like Aberdeen Proving Ground and the recently-closed Pine Bluff Arsenal, Ala. Lessons from those facilities and others were used to develop the process that will be used aboard the Cape Ray to destroy Syrian chemical weapons.

The process for disposing of mustard gas was used at Aberdeen Proving Ground. The process for disposing of DF compound was taken from Pine Bluff Arsenal, Baker said. The processes and technologies from those locations were scaled down to make them transportable.

CHPC survey reaches out to entire APG workforce

Continued from Page 1

Open to all members of the APG community, the survey consists of 44 multiple choice questions in the areas of community, environment and personal health, and will be accessible via the APG website through March 2014.

The survey includes questions such as, “What do you think are the three most important factors for a healthy community?” “What do you perceive to be the top five health problems?” “What is your perception about the community and the environment?” and many others.

It also focuses questions on pre-existing installation resources and programs. The survey takes approximately 10 to 15 minutes to complete.

LaRoche added that CHPC’s goal for this year’s survey is to reach 10 percent participation from the APG population. Aggregate data results of the CHPC survey will be disseminated during the next quarterly CHPC in March 2014.

“All efforts are to build trust, readiness and resiliency within the Team APG Community. The survey results are beneficial to ensuring that the community is engaged in the planning process. Without their feedback, we are merely guessing based on a larger population. APG is unique and therefore requires programs and services tailored toward its uniqueness.”

Wendy LaRoche
APG Health Promotion Officer

The CHPC contains five working groups—the Installation Prevention Team Working Group, Suicide Prevention Working Group, Physical Health Working Group, Spiritual Resiliency Working Group, and a Community Working Group—that look at monthly trends occurring on APG.

Each month, the CHPC focuses on a National Health Observance. January’s focus is on fitness and health, LaRoche

said. CHPC is currently hosting its “Slim Down Challenge,” an installation weight loss initiative, among U.S. Army Test and Evaluation Command (ATEC), Communications-Electronics Command (CECOM), the Garrison, and Kirk U.S. Army Health Clinic.

CHPC’s February focus is on healthy hearts and breast cancer awareness, while March and April are based on National Health Observances that

are recognized by the National Institutes of Health, including April’s Sexual Harassment and Rape Prevention (SHARP) initiative.

More information regarding each month’s programs is available on the APG website, click on the CHPC logo for additional details. You can find the survey at <https://usaphcapps.amedd.army.mil/Survey/se.ashx?s=251137456E6E1E53>

Slim down participants encourage, motivate each other

Continued from Page 1

percentage will be recognized during an installation ceremony April 16.

During the Garrison Slim Down Challenge Kick-Off on Jan. 8, participants weighed in and learned about healthy weight loss and received exercise tips from Lauren Lynch, a health educator from the Army Wellness Center.

Lynch advises participants to get a pedometer to track their number of daily steps. She said 12,000 to 14,000 steps are recommended per day by the American College of Sports Medicine (ACSM) for weight loss. The average American take only 3,000 to 4,000 steps daily, according to the ACSM. Lynch suggested counting calories and recording meals and snacks in a personal journal. There are several free, easy-to-use programs online, she said.

In addition, Lynch suggests scheduling a visit with the Army Wellness Center, which provides free metabolic testing for all slim down challenge participants. With this test, the AWC staff can determine how many calories a participant can have a day and lose weight

safely. During the visit, AWC health educators will help participants set goals for realistic and safe weight loss.

Company Commander of Headquarters and Headquarters Garrison Capt. Richard Mozeleski encourages team members to motivate each other. He said he plans to blog his own experiences and share information about Garrison and installation-wide slim down events at www.milsuite.mil/book/groups/2014-apg-installation-slim-down-challenge.

Mozeleski said he is particularly excited about this challenge because it is APG’s biggest Ready and Resilient Campaign event to date. Ready and Resilient Campaign, or R2C, is the Army’s holistic approach to total health care for its Soldiers, Family members, and civilians.

“The goal of R2C is to integrate and synchronize the Army programs that we have on the installation,” he said. “We are bringing together all these resources; we are trying to collectively lose weight.”

Mozeleski said during the first weigh-in, the group as a whole weighed 9,128 pounds for an average of 202.8

pounds per person.

“I would like to have a group loss of 50 pounds.” He said. “If you need any help or advice with diet and exercise, feel free to shoot me an email. If I cannot help you, I definitely know someone who can.”

Olga Perkins, a Garrison Slim Down participant who works in the Installation Safety Office, said she is highly motivated to implement changes in her daily regime.

“I want to get back into shape,” she said. “With this program, I can learn how to do that in a healthy way.”

Military spouse Susanne Veney, another participant, said she plans to exercise with a friend for extra motivation and support.

“I love that they are offering this challenge here,” she said. “I want to lose 50 pounds.”

The next weigh-in day and lunch-and-learn session is set for next Wednesday, Jan. 22. Lt. Col. Sandra Keelin, a nutritionist from U.S. Army Public Health Command, will discuss how to improve overall diet and nutritional intake. Weigh-ins will take place from 9 a.m. to noon

Schedule a visit with the Army Wellness Center. The Center provides free metabolic testing for all slim down challenge participants. With this test, the AWC staff can determine how many calories a participant can have a day and lose weight safely. During the visit, AWC health educators will help participants set goals for realistic and safe weight loss.

and from 1 to 5 p.m. at HHC Garrison, Bldg. 305, or during lunch and learn sessions at the Garrison Main Conference Room, also located in Bldg. 305, from noon to 1 p.m.

For more information and to register for this challenge, contact Mozeleski at 410-278-3000 or email: richard.d.mozeleski2.civ@mail.mil. To learn more about AWC contact 410-306-1024, or e-mail maria.c.sorrells.ctr@mail.mil.



Want to make a difference in how services are rendered at APG? Tell us how we can improve, or provide kudos for great service, via the Interactive Customer Evaluation system at <http://ice.disa.mil/>. Click “Army” then “Aberdeen Proving Ground.” Or check us out on Facebook at <http://on.fb.me/HzQlow>. View the QR code to visit us immediately.



APG SNAPSHOT

A peek at the events making news in and around U.S. Army Garrison Aberdeen Proving Ground. For complete photo coverage, visit <http://www.flickr.com/photos/usagapg/>.

APG YOUTH GIVE IT THEIR BEST SHOT

Thirty-seven boys and girls participated Jan. 10 in the annual Elks National Hoop Shoot Free Throw Contest at the APG North (Aberdeen) youth center. The event was hosted by the Abingdon Elks Lodge and Child, Youth and School Services Sports and Fitness.

Clockwise starting top right:
(From left) Joseph Herod and Jyree Ivory prepare to shoot.
All Hoop Shoot participants received a trophy.
A determined Sidney Thomas takes a shot.

Winners were as follows:

- 8-9 Boys: Aiden Bare
- 8-9 Girls: Briana Long
- 10-11 Boys: Luis Javier Rodriguez Blanco
- 10-11 Girls: Natalie Smith
- 12-13 Boys: Alexander Ellis
- 12-13 Girls: Asha Thomas

Photos by Molly Blossie



Wellness Centers impact civilian, troop productivity

Continued from Page 1

ical, psychological and social circumstances when providing services.

There are currently 19 AWCs on military installations throughout the world, and the Army plans to expand this program to several more Army installations. The AWC Program is an U.S. Army Medical Command Program overseen by the U.S. Army Public Health Command. By empowering clients to build, sustain, and manage their own good health, the AWC can also directly impact a Soldier's or civilian's productivity by lost or limited duty time.

"Ultimately, the AWC will save the Army money in health care costs because the center's programs are designed to help reduce the number of preventable diseases like heart disease and diabetes," said the APG AWC Director Chris Sorrells.

Sorrells said according to the American College of Sports Medicine, heart disease is the number one cause of death for Americans, and currently 67 percent of all Americans are either overweight or obese. The Soldier population is close behind, with 62 percent of all Soldiers being overweight or obese. Sorrells said the AWC was created to hopefully reduce this percentage.

When clients visit the AWC, they are given a Health Assessment Review. This includes an American College of Sports Medicine risk stratification; a physical activity readiness questionnaire; and a perceived stress scale score and biometric screening. Based on test results, AWC staff members are able to create short-term and long-term health goals for clients and give them customized exercise plans. Sorrells said as a general rule, she recommends clients

lose one to two pounds a week for safe and effective weight loss.

"We encourage clients to view this as a lifestyle change," she said. "We recommend that they follow up at the center every four to six weeks. Our health educators put clients on the path to achieving their goals and coach them through their journey."

Monique Ferrell, wife of the previous APG Senior Commander Maj. Gen. Robert Ferrell, said she was determined to make healthier choices based on her results from her initial health assessment and she committed to exercising rigorously five to six days a week. As a result, she lost more than 20 pounds, dropped four dress sizes and decreased her blood pressure.

"I am an auditor, I deal with data. When I saw my numbers, I realized how unhealthy I was," said Ferrell, a deputy auditor general with the U.S. Army Audit Agency. "That shocked me into doing something. Now I feel like I am healthier than I have ever been in my adult life."

Ferrell said she found the nutrition advice helpful and started food journaling through a free online program, which opened her eyes to how many calories she was consuming each day.

"Now I am more conscious about what I am eating. I record every bite," she said. "My advice is to eat everything in moderation."

Ferrell said her weigh-ins helped her feel more motivated and accountable. "The staff is awesome, so positive and encouraging, even if I am not happy with the number on the scale," she said.

Sgt. 1st Class Lamont Timmons from the APG Garrison said he achieved his goal of gaining 30 pounds of muscle mass by following the workout regimen he received from the AWC.



Photo by Rachel Ponder

(From left) Army Wellness Center Director Chris Sorrells uses ultrasound technology to measure the body composition of Alan Smith-Hicks from the U.S. Army Research, Development and Engineering Command.

"I preach this program to all my Soldiers," he said. "It is an excellent program if you do everything they say and follow-up with it."

Joyce Hampshire, from the Program Executive Office for Command, Control and Communications-Tactical, lost 20 pounds and her blood glucose levels went from pre-diabetic to normal. Hampshire said her test results gave her a better understanding of what she needed to change, than just a number on a scale.

"You get a good picture of where you are and where you need to go," she said.

Janae Rucker, from PEO C3T, said seeing the body fat composition change

every visit encouraged her to stick with the program. She was able to cut her body fat percentage in half, from 40.5 percent body fat to 21.5.

"I feel like I have more energy," Rucker said. "When I play with my kids I can keep up."

For more information or to schedule an appointment, call 410-306-1024 or e-mail usarmy.apg.med-com-kirk.mbx.kirkwellnesscenter@mail.mil. The AWC is now seeing clients twice a month for metabolism and body composition assessments at the APG South Health Clinic. Contact the AWC for available dates and to make an appointment.